



# The Impact of Mental Toughness on Weight Loss Progress at a National Slimming Club

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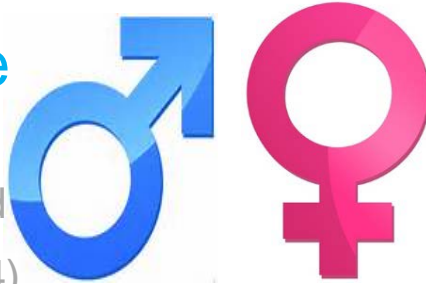
**Mental Toughness Research Group**

# **MTOUGH**

# Background

66.6% of adult males are obese or overweight

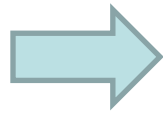
(Lifestyles statistics team, Health and Social Care Information Centre, 2014)



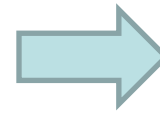
57.2% of adult females are obese or overweight

(Lifestyles statistics team, Health and Social Care Information Centre, 2014)

By 2050, only 10% of individuals will be a healthy weight (Department of Health, 2009)

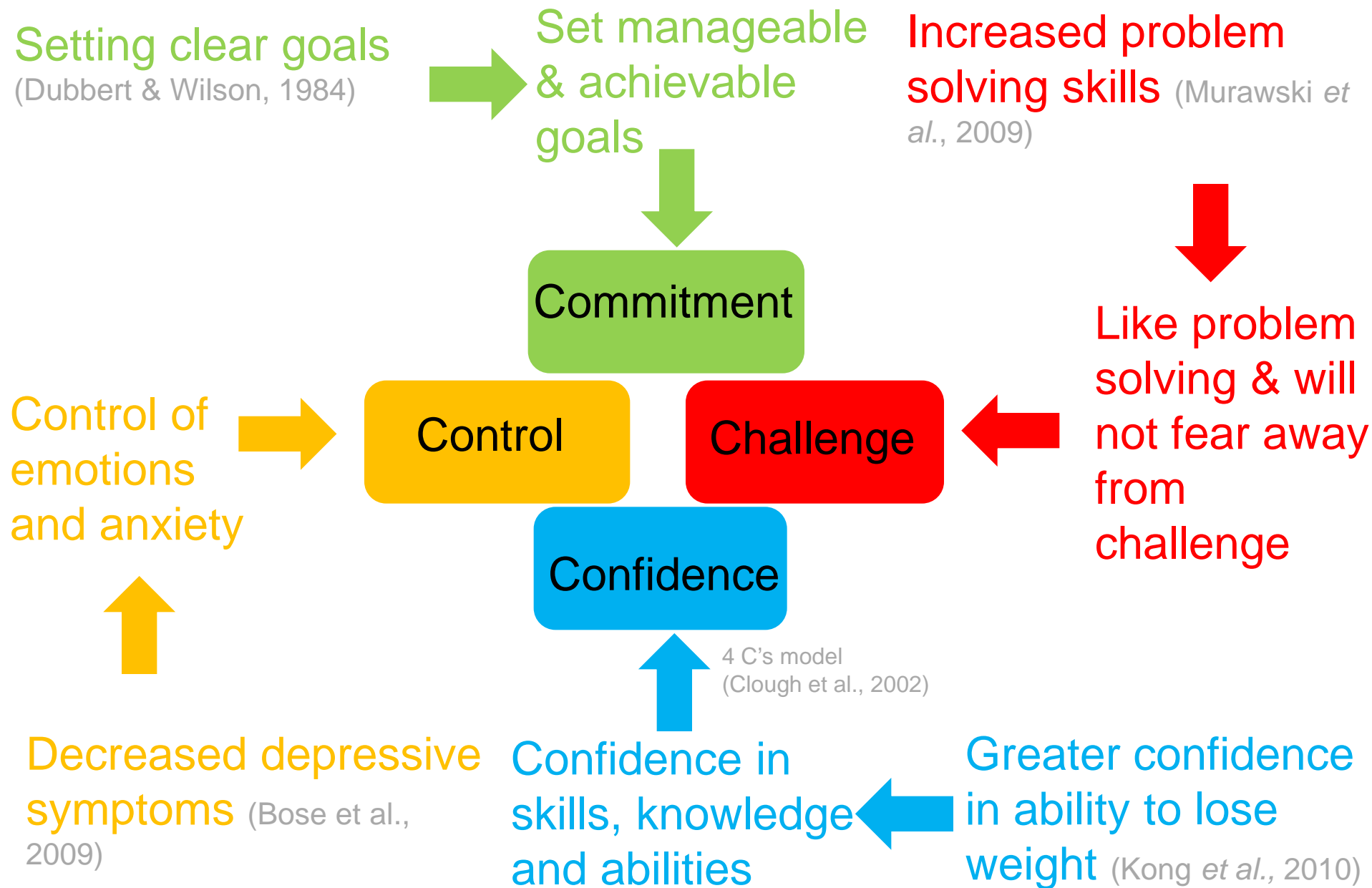


Non communicable diseases



In 2012, 38 million deaths worldwide (World Health Organisation, 2015)

- Lifestyle modification is the most powerful tool to address obesity-related health issues, but such approaches are usually accompanied by high drop-out rates (Kong et al., 2010)



# Method

- Recruit via slimming club members page
- MTQ48
- EITI
- N = 420

0 months

- MTQ48
- EITI
- N = ???

6 months

Weekly weight and attendance recorded

3 months

- MTQ48
- EITI
- N = 167

# Changes over 3 months

- Significantly lower mental toughness than population norm
- No significant differences between completers and non completers

Variable	Initial	3 months
Weight	94.42	86.05*
Mental toughness	3.28	3.36*
Healthy eating	3.53	3.84*
Emotional eating	3.85	3.34*

\* Significant difference between initial and three month data collection ( $P < 0.01$ )

- Mental toughness significantly increased
- Eating style significantly changed

# Correlational analysis of variables with initial mental toughness

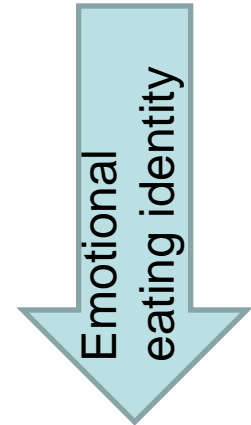
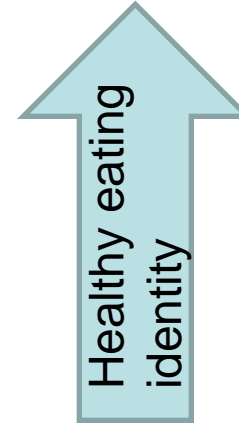
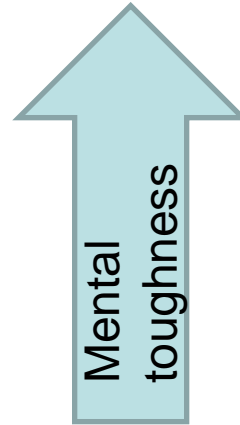
Variable	r value	p value
1 month weight loss	.150*	.002*
3 months weight loss	-.003	.947
Attendance over 1 month	.153*	.002*
Attendance over 3 months	.007	.887

\* Significant difference between one month and three month data collection ( $P < 0.01$ )

- Services provided by slimming club may have created a 'ceiling effect'

# Conclusion

Slimming  
club  
members



# References

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